

# September Wellbeing Series

An engaging health and wellbeing studio experience delivered to a dedicated platform, supporting you as you continue to work remotely. This month focuses on Heart Health!

**Host: Keith Walsh**



Radio DJ

September

**Wednesday  
8th  
@ 1.15pm**

September

**Wednesday  
15th  
@ 1.15pm**

September

**Wednesday  
22nd  
@ 1.15pm**

September

**Wednesday  
29th  
@ 1.15pm**

## What this series delivers:

- 4 live seminars with option to interact with the host and guest via polling and Q&A function.
- 'Heart Healthy' e-learning.
- Supportive tipsheets relating to the series topics for you to download, read and share with your colleagues.

## Seminars

### Forming Healthy Habits

They say 'sitting is the new smoking', and with desk jobs being the norm for a lot of us, we'll take a look at the importance of movement throughout the day and how to maintain an active lifestyle for good heart health. With special guests: Cathal Joyce, GAA player and cardiac arrest survivor; Dr. Brian Higgins, GP from Galway Primary Care.

### Nutrition, Stress & Smoking

This week we'll be reflecting on our lifestyle choices and learning how to improve our heart health by learning about the impact certain factors can have on our heart and how we can improve. With special guests: Lauren Owens, CORU Registered Dietitian and member of INDI; Paul Talty, Associate Head of Performance Services at SWIM Ireland.

### Spotting Signs

This may be the most important seminar you watch this year. This week's show will provide you with potentially life-saving knowledge on how to spot the signs of a heart attack and stroke. We'll also be discussing Sudden Arrhythmic Death Syndrome, and genetic conditions. With special guests: John Fitzgerald, Co-Chair of Community First Responders Ireland; Mary Vasseghi, Chairperson of SADS support group.

### Get involved!

To close this month's heart health series, we'll speak to a charity about upcoming events you can get involved in and the impact of COVID-19. With special guests from the Irish Heart Foundation.